

Personal Trainer Job Description 5:17 Total Body Transformations

Summary

The purpose of the Personal Trainer position is to work with clients of 5:17 Total Body Transformations in the Campbell studio.

The role of the Personal Trainer is to be a coach for the client and work closely with the client to inspire and guide them towards the success they desire.

Additionally, the Personal Trainer will be provided with on the job training in a variety of topics that relate directly to interacting with the client and the business side of the Company.

Essential Job Functions

- Able to arrive to Campbell studio location on time for each session
- Able to lift a minimum of 50 pounds
- Stand at least an hour or more at a time
- Attention to detail
- Able to take notes
- Be observant
- Ability to focus on the same task for 45 to 60 minutes
- Ability to learn new skills and apply them relative to the requirements of the position
- Use a computer keyboard for at least 20 minutes at a time

Tasks

- Assess client's current physical state and abilities
- Perform an analysis of the client's assessment results in order to develop a plan to help the client reach their fitness goals.
- Ensure the client is using correct form while working out
- Help the client stay motivated in order to achieve their goals
- Take notes as needed in order to keep track of the client's workout plan and achievements.
- Make adjustments as needed
- Work with the client to ensure retention of their business with 5:17 Transformations
- Perform sales activities with prospective clients.

Skills and Qualifications

- Excellent written and verbal communication skills
- Able to pass a written skills test relating to kinesiology, anatomy, physics and related fields (upon completing orientation)
- Able to pass a practical hands-on assessment of a client's physical movement
- Able to use basic math
- Excellent relationship building skills

Characteristics and Traits

- Detail oriented
- Be personable and able to engage in small talk
- Well organized in self-expression and in executing work tasks
- Empathetic toward others
- Good at building rapport
- Approachable
- Demonstrates healthy and holistic self-care
- Non-use of recreational drugs
- Non-smoker

Education and Certifications

- Obtain CPR/AED certification
- Certified through the NASM or NSCA prior to working with clients